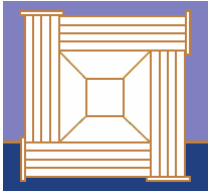


# THE FOUR PILLARS OF HEALTH

*How to Maintain a Healthy Physiological Terrain*

*By Dr. Bertrand Babinet*



# THE FOUR PILLARS OF HEALTH

## CHAPTER 1: INTRODUCTION

Statistically, many of us will fall prey to a degenerative condition that will not allow us to enjoy our old age.

Most of us are looking forward to getting older and enjoying old age with our friends and family away from the hustle of a busy life.

However, if the statistics are correct many of us are going to fall prey to some form of degenerative condition that is going to spoil our fun. And for many of us we will not have to wait until we are older to experience some of these challenges. They may in fact affect us while we are quite young and create very disturbing obstacles in all aspects of our life.

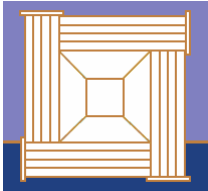
### A PERSONAL STORY

When my wife of 40 years was diagnosed with breast cancer 9 years ago I was in shock. I am an acupuncturist and a Doctor in Human Development. When this happened we had already been in practice for over 20 years and I thought we knew a lot about health. We had created a comprehensive system of healing based on the notion that a healthy mind lined up with Spirit produces and maintains a healthy body and had taught that philosophy in many countries around the world.

Disturbances in basic physiological functions have a negative impact at the cellular level.

I had disregarded the negative impact that our environment and present medical practices could have on our most fundamental physiological functions. This was a rude awakening. It led me to much research and exploration of what constitutes a healthy physical body and how to maintain our health and wellbeing.

Thank God my wife is in good health right now and the exploration that I embarked upon as a result of the above situation led to many



## THE FOUR PILLARS OF HEALTH

Statistically, many of us will fall prey to a degenerative condition that will not allow us to enjoy our old age.

### Benefits of Health

- Higher Energy
- Earn More Money
- Better Relationships
- Spend less money on health

### KEY

Examine the variables designed to sustain health, not what is out of order.

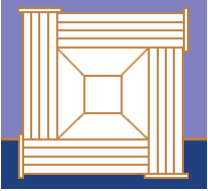
discoveries that I am sharing with you in this book. Basic health is simple but we cannot disregard it and pretend everything is fine when it is not. As we will show you in the book, even simple disturbances can lead to dramatic negative results.

Most of us are looking forward to getting older and enjoying old age with our friends and family away from the hustle of a busy life. However, if the statistics are correct many of us are going to fall prey to some form of degenerative condition that is going to spoil our fun. And for many of us we will not have to wait until we are older to experience some of these challenges. They may in fact affect us while we are quite young and create very disturbing obstacles in all aspects of our life. In fact the disturbances in our basic physiological functions that will lead to these major issues may already be present in our bodies and may even be totally asymptomatic.

### **RESTORING OR OPTIMIZING YOUR HEALTH WILL TRANSFORM YOUR LIFE**

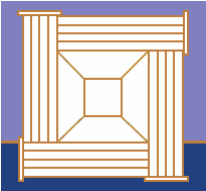
Healthy people have a much higher quality of life: They have high energy, so they do more. On average, healthy people earn more money. They have a better relationship with themselves and others. They save a lot of money by not spending it on health services. Less time is wasted in disease related downtime.

Because they have more energy and they feel good, the lives of healthy people are easier and more rewarding. Much of the chronic pain to which people have become accustomed naturally disappears when the causes of inflammation disappear. Because healthy people feel good



## THE FOUR PILLARS OF HEALTH

and usually look good, it is amazing how a simple change in health can immediately translate into new social and professional opportunities.



# THE FOUR PILLARS OF HEALTH

## CHAPTER 2: WHAT IS THE BIOLOGICAL TERRAIN?



A very brilliant French scientist named Claude Bernard expressed this very clearly in the last century when he said “health is in the terrain”.

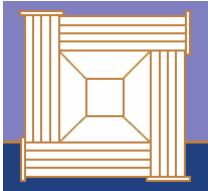
What did he mean by the terrain? The terrain is the biological foundation of our body. A healthy terrain is predicated on only four variables.

- The degree to which we receive and absorb the right nutrients in our body
- The effectiveness with which the body processes these nutrients
- The degree to which the body processes and eliminate toxins
- The degree to which the body we protects itself against invaders

### The Body Needs

- Protein
- Carbohydrates
- Water and Air
- Vitamins
- Minerals
- Bioflavonoid
- Carotenoids
- Enzymes
- Essential Fatty Acids
- Amino Acids

We call them the four pillars of health. These four variables determine the functionality of your terrain. In the same way as healthy ground in your garden leads to beautiful vegetation, a functional biological terrain leads to radiant flourishing health and wellbeing in your life. Dysfunction in any one of these four functions or four pillars as we call them automatically affects the other three pillars and creates major disturbances in the foundation of your overall health. The effect is to promote cellular and tissue damage that results in inflammation. The inflammation leads to further degeneration and the combined effect of inflammation and degeneration progressively undermines the overall



# THE FOUR PILLARS OF HEALTH

quality of your life. Let's examine in detail each one of these essential functions.

## 1. ABSORPTION

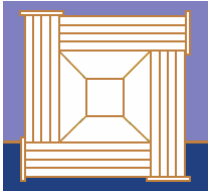
### The Process

Absorption means receiving the nutrients where they are needed. Many operations are needed to reach this final outcome. The food or supplements we ingest go through many transformations, involving several processes:

- Mastication and the production of several substances: saliva, hydrochloric acid, bile, buffer salts and enzymes.
- Then the nutrients penetrate the wall of the small intestine in a process called active transport and are received in the blood stream where they are transported to the liver for further detoxification and transformation.
- From there the nutrients are transported by the blood to all the appropriate locations to support specific structures and functions.

### The Nutrients

Most machines function on a very limited amount of fuels: water, gasoline, electricity, oil, oxygen. The body, on the contrary is such an amazingly elaborate system that it needs a great diversity of fuels (nutrients) to maintain life, health and well being.



## THE FOUR PILLARS OF HEALTH

Apart from protein, carbohydrates, water and air, the body also needs vitamins, minerals, bioflavonoids, carotenoids, enzymes, essential fatty acids, and amino-acids. These in turn get converted into amino-acids, enzymes, cholesterol, hormones, neurotransmitters and many other substances essential for physical and mental functioning. Major imbalances (lack or excess) in the basic nutrients mentioned above, result in a chain of negative reactions.

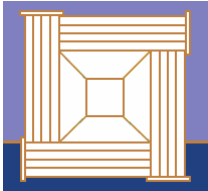
Because each function of the body needs a different set of nutritional supports it is sometimes hard to know through analysis of body fluids whether the nutrients are reaching their target areas. We are increasingly aware that the quality of air, food and water has decreased and that the diet of many people has deteriorated. Traditional home cooked meals have been progressively replaced by processed food full of hydrogenised fats, refined flour or sugar, and synthetic colorants and preservatives.

An aggravating factor is the increase in toxicity that displaces nutrients at the cellular level and interferes with the other basic functions of processing, detoxification and protection. What we have observed in our practice is that basic detoxification and supplementation is often enough to break the negative chain reactions and to restore health.

### **2. PROCESSING**

Processing is the activity of transforming something into something else. It is taking place throughout the body. At the cellular level alone there are thousands of enzymatic actions and reactions per second. In

We have observed in our practice that basic detoxification and supplementation are often enough to break negative chain reactions and restore health



# THE FOUR PILLARS OF HEALTH

the whole body it is estimated that 250,000 different operations are taking place every second.

Apart from the digestive process that we described succinctly above, the main centers of processing are the liver, pancreas, endocrine glands and the neurological system and of course all our cells.

Elimination is the processing of toxicity and eliminating it out of the body.

### 3. ELIMINATION

Elimination is the function of processing toxicity and eliminating it out of the body. It involves complex operations to breakdown the toxins, binding them to fluids, filtering the impurity out of the blood and releasing the impurities through the urine, the feces, the sweat and other body fluids. The main organs involved are the liver, the large intestine, the kidneys, the cells, the lymphatic systems and the skin and the lungs.

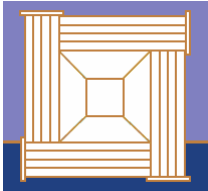
Protection prevents microorganisms from penetrating where they do not belong. Protective organs include:

- Digestive Tract
- Respiratory Tract
- Skin
- Eyes
- Immune System

### 4. PROTECTION

Protection primarily means surface integrity to prevent micro-organisms (germs) from penetrating where they do not belong. The main areas are the digestive tract, the respiratory tract, the skin and the eyes. Our protection is also dependent on immunity, a complex system of defenses built to defeat invading enemies and abnormal cell proliferation.

Overall protection is very dependent on the three other basic pillars of health: absorption, processing and elimination. The liver and lymphatic system play a fundamental part in this function. Maintaining a clean, healthy, well nourished, well rested, well exercised body dramatically



## THE FOUR PILLARS OF HEALTH

impacts our degree of protection against internal and external invaders. The French scientist, Claude Bernard, felt so strongly about this that he swallowed a culture of smallpox in front of his amazed colleagues of the French Academy of Science without any damage to his health. If his approach had prevailed instead of Pasteur's focus on defeating germ, the field of medicine would be devoted to treating the terrain and preventing diseases rather than ignoring the actual care of health and spending millions of dollars fighting diseases and managing ill health

### **TREATING THE TERRAIN: WHAT IS THE BASIC FORMULA?**

We have just brought to market a product designed specifically for this purpose. It is the Basic Formula. It provides all the nutrients and herbs designed to maintain the vital integrity of each one of the four basic functions and to correct the most typical dysfunctions that damages the terrain.

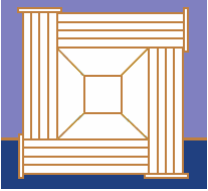
Let me tell you in more detail what you can expect from this product which is the result of my last ten years of clinical experience with thousands of clients.

### **THE BASIC FORMULA**

Peace is the foundation of effectiveness and is at the center of all the work we have done for several years.

Health is the foundation upon which rests every activity of our life.

*The Basic Formula* powerfully carries the energy of peace and will provide you with all the support you need to restore and maintain optimal health.



## THE FOUR PILLARS OF HEALTH

### **A TRUE WELLSPRING OF HEALTH:**

If you are like many of our present clients, you will experience enhanced vigor, vitality, resilience, enthusiasm and superior athletic performance. Over a period of time you will see many of your health challenges disappear.

### **A BRAND NEW APPROACH:**

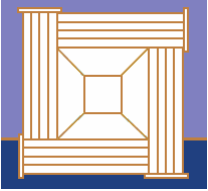
*The Basic Formula* is based on the Four Pillars of Health, a brand new approach to health designed by Dr Babinet. After 10 years of research in alternative and complementary health care, he has come up with an approach that strengthens the basic foundation of health within you so that your body is capable of resolving any dysfunctions that may be present

### **HIGHLY PRACTICAL:**

This simple nutritional approach consists of six capsules in a small cellophane pack designed to be taken once a day with or without food. If you do not feel like taking your pills in the morning you can easily carry them in your purse or your pocket and take them later in the day. They are extremely easy for travel as well.

### **EFFECTIVE:**

*The Basic Formula* supports the four basic functions of health: *absorption, transformation, detoxification and immunity*. Over the past 10 years Dr. Babinet has used all the products contained in the formula with thousands of clients and with outstanding results.



## THE FOUR PILLARS OF HEALTH

### **COMPREHENSIVE:**

It contains all the nutrients necessary to support optimal health: vitamins, minerals, essential fatty acids, probiotics and a proprietary herbal formula designed to support all the major functions and systems of the body with outstanding results.

### **AFFORDABLE:**

For \$2.00 a day, less than a cup of Starbucks coffee.

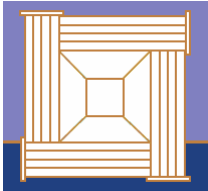
A very small investment in your health, the most precious gift you could ever receive.

### **DECLARE YOUR HEALTH AND WELLBEING NOW!**

If you wish to Order now click [here](#) or call

- 303-823 8760 .

In the following chapters we will examine in detail what are the main factors that damage the vital health of the four basic functions that we call the four pillars.



# THE FOUR PILLARS OF HEALTH

## CHAPTER 3: WHAT IS INFLAMMATION?

Inflammation is the first line of defense of the body, an attack at the site of trauma to destroy microbes or eliminate damaged or infected tissues.

Inflammation is the first line of defense of the body. Whenever you have a cut, an injury, or an attack from a microorganism the body mounts an attack at the site of the trauma to destroy the microbes or eliminate the damaged or infected tissues. This attack usually shuts down rapidly and is followed by a process of regeneration. Certain common imbalances resulting from our present environment plays havoc with our terrain and causes chronic inflammation: Candida Overgrowth, heavy metal and chemical toxicity, parasites, allergies and low adrenal function resulting from all of the above dysfunctions and chronic psychological stress.

In this book we will examine some of these causes of inflammation that respond effectively to natural strategies

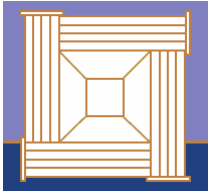
Our purpose is to help you identify disturbances in your terrain before it reaches a pathological state.

In the same way that inflammation is the first line of defense in the body, treating chronic inflammation is one of the first strategies of a natural approach to health. The Basic Formula has been specifically designed to address these issues by treating Candida and intestinal infection, restoring liver function, strengthening the adrenals and regulating the immune system

### THE NEGATIVE EFFECTS OF INFLAMMATION

One of the big challenges associated with inflammation is that it often results in long term degenerative damage

What Are These Potential Issues That Can Happen as a result of Chronic Inflammation?



# THE FOUR PILLARS OF HEALTH

## **Blood Sugar Disorders**

In particular Insulin Resistance (syndrome X) and Hypoglycemia. These can lead to late onset diabetes, increased inflammation, chronic weight gain and cardio-vascular disorders.

Potential  
consequences of  
chronic inflammation  
are numerous



## **Thyroid Dysfunction**

Particularly deficiency of T3 (hypothyroid). This can lead to chronic cold extremities, chronic low energy and weight gain even on a low sugar, starch, and fruit diet.

## **Anterior Pituitary Hypo Function:**

This can lead to lack of menstruation, reduced or absent sex drive, and weight gain around hips and waist.

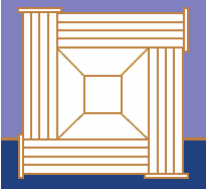
## **Impaired Liver Detoxification**

This can lead to general toxicity, heavy metal toxicity, including bad breath, bloating, constipation, acne and skin disorders, chronic head aches, blurred vision, sensitivity to light, and hypersensitivity to medications and chemicals.

## **Leaky Gut Syndrome**

This increased permeability of the gut lead to chronic toxicity and opportunistic infection in the gut and in the rest of the body. These lead to further aggravation of the adrenal dysfunction and more chronic inflammation.

## **Gastric and duodenal ulcers**



## THE FOUR PILLARS OF HEALTH

Elevated cortisol induces thinning of the lining of the stomach and the duodenum and thus can increase the risk of ulceration.

### **Decreased bone density**

Elevated cortisol level leads to calcium mal-absorption and increased risk of bone fracture.

### **Depression**

There are many different pathways affected by chronic stress that lead to depression. It can be associated with sugar metabolic imbalance, thyroid malfunction or direct impact on neurotransmitter.

### **Insomnia**

Hyper cortisol leads to difficulty falling asleep while hypo cortisol leads to difficulty staying asleep.

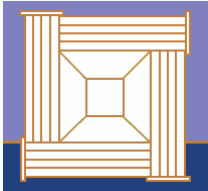
### **Neurodegenerative Disorders**

Adrenal dysfunction has been identified as a contributing factor to MS and Alzheimer and Huntington's diseases.

### **Cardiovascular Diseases**

Elevated cortisol levels, even in small quantities, have been associated with increased risk for cardio vascular disease. This is due to the effect of cortisol on high blood pressure, insulin resistance, obesity and fat metabolism.

So as you can see it makes a lot of sense to address the basic causes of inflammation before they turn into major degenerative issues.



## THE FOUR PILLARS OF HEALTH

### **THE MOST COMMON CAUSES OF INFLAMMATION:**

The most common causes of inflammation is food intolerance, candida overgrowth, heavy metal and chemical toxicity, parasites, allergies, infections and adrenal dysfunction. Of these, traditional medicine addresses primarily the infections and autoimmunity, often at a great cost to the overall balance of the terrain. We will not cover bacterial and viral infection in this document but it is important to note that they reflect a disequilibrium in the four pillars.

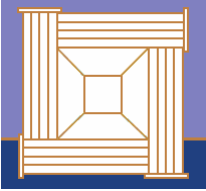
In all the cases the nutritional supplementation of vitamins, minerals, essential fatty acids and probiotic provided by the Basic Formula or other approaches is essential for effective treatment. It is designed to provide support to the four pillars, the foundation for the general health of the physiological terrain.

### **FOOD REACTIVITY:**

Specialists who have done extensive studies in glandular (endocrine) research tell us that the primary cause of glandular disequilibrium comes from inflammation of the digestive tract. This inflammation goes under the name Inflammatory Bowel Syndrome (IBS) and Gastro Intestinal Reflux Disease (GIRD). Approximately 60% of the population suffers from these disturbances.

### **WHAT CAUSES INFLAMMATION OF THE GUT?**

Studies have shown that four food groups are the primary culprit for these inflammatory conditions.



## THE FOUR PILLARS OF HEALTH

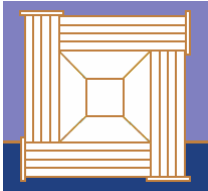
- Grains, particularly grains high in gluten. These include wheat, oat, barley, rye, buckwheat, bulgur, etc.
- Milk products and particularly cow's milk
- Eggs and all food containing eggs
- Soy and soy products.

It is not that these foods are bad. It is that a high proportion of people are reactive to one or more of these products. Other common causes of food reactivity's are peanuts, other nuts, shellfish and other fish by-products. Of course there are other individuals who are reactive to many other types of nutrients. Some common ones are tomatoes, peppers, strawberries and cucumbers. There is a simple salivary test that can determine if you are reactive to the four basic reactive foods: grains, milk, eggs and soy.

### **HOW WOULD I KNOW IF I AM FOOD SENSITIVE?**

There are many common signs that can tell you that you may be reactive to some kind of foods.

- Cramping,
- Bloating
- Diarrhea
- Gas
- Irregular bowel movements
- Unusually smelly stool



## THE FOUR PILLARS OF HEALTH

Reactivity to wheat has been associated with serious impact to the central and peripheral nervous system, with symptoms of extreme neuropathy and mental illness.

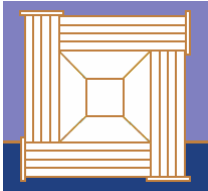
- Constipation
- Head aches
- Rashes
- Eczema
- Various aches and pains
- Reactivity to a multiplicity of other foods.
- Frequent undigested food particles in your stool

In addition, many chronic pains in the pit of the stomach and acid reflux are related to the reactivity to one of these groups of food. Reactivity to wheat has been associated with serious impact to the central and peripheral nervous system with symptoms of extreme neuropathy and mental illnesses. Food reactivity can be rapid and in some cases instantaneous. However, in some cases it can be delayed up to several days or weeks. The effect can last for weeks or even months! The test will only work if you are still consuming the products. If you have been off of them for a while, the test will be negative.

### **WHERE CAN I GET A FOOD REACTIVITY TEST DONE AND HOW MUCH DOES IT COST?**

A simple food reactivity saliva test for wheat, milk, eggs, and soy is available from Diagnos-Tech Lab.

The simple food reactivity test for wheat, milk, eggs and soy is available through Diagnos-Tech Lab. It can only be ordered by a practitioner of your own choice, or you can order it through our clinic at 303 823 8760 we will probably suggest a consultation by phone or in person to determine that this is truly what you need.



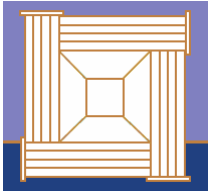
## THE FOUR PILLARS OF HEALTH

The price of the test is \$ 35.00, payable directly to the Lab when you send your saliva sample. If you wish to order it through our clinic, we charge an additional \$20.00 to process the order and contact you to give you the result. The other food triggers can be tested as part of a comprehensive food reactivity panel offered by Great Smokey Lab. It is a serum test that requires drawing blood, which we cannot order through our web clinic at this time. But you can request it from your own health care practitioner. If your practitioner is not familiar with Great Smokey Lab, he can check their services on the Internet at [www.gsdl.com](http://www.gsdl.com). Another laboratory which provides a comprehensive food sensitivity test is Immuno Labs. More information on this lab is available on the internet at [www.immunolab.com](http://www.immunolab.com).

Bio-resonance Testing can be used to determine food sensitivity. Contact Dr. Babinet for testing in person, or an intuitive assessment by telephone.

Another technique to determine food sensitivity is bio-resonance testing. This uses the frequencies of the products suspected of causing a reaction. It identifies the level and location of the reactivity in your body using a type of feed back instrument or muscle testing. We provide this service in our office as part of the allergy desensitization program . The same assessment is offered by many Chiropractors and Nutritionist . Through my intuitive ability, I can also provide this service over the phone.

There are two major reasons why you need to be tested. The first is that you may not know which specific food sensitivity you have and which food to avoid or desensitize. The other is that even though you have many or some of these symptoms, it might not be food sensitivity! Later in this book we will cover some of the other causes of gut



## THE FOUR PILLARS OF HEALTH

inflammation and give you natural strategies you can use to take care of these.

### **SO WHAT CAN I DO IF THE TEST REVEALS THAT I AM SENSITIVE TO ONE OF THE FOUR FOODS TESTED: MILK, GRAINS, SOY AND EGGS?**

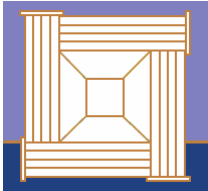
What Do I Do if I  
Have Food  
Sensitivities?

- 1. Stop consuming the foods
- 2. Start a process of desensitization
- 3. Attend our "Clearing Patterns of Reactivity" workshop

The first thing you could do for yourself without assistance from anyone is to eliminate from your diet the food or foods that you are sensitive to. You will be amazed at the speed at which some of your symptoms will disappear. I have had clients who within three days went from being totally dysfunctional to fully functioning. You should stop consuming all the foods that you are sensitive to!

The second thing is to start a process of desensitization after you have been off the food for a minimum of three weeks.

The process used in our office integrates many of the approaches presently in use, including allergies desensitization, functional homeopathy, homeopathic phenolics, and psycho-energetic clearing. We will review these approaches in greater detail in the chapter on allergies.



# THE FOUR PILLARS OF HEALTH

## CHAPTER 4: THE MEDICAL SHORTSIGHTEDNESS

Antibiotics come with a price tag for the body:

- Candida Overgrowth
- Resilient Strains of Microbes

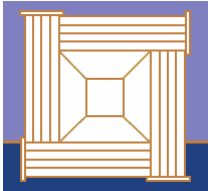
The invention of antibiotics was no doubt one of the most profound inventions of the 20<sup>th</sup> century in the medical field. It spelled the end of a host of infectious diseases which had been decimating old and young alike. However it came with a certain price tag for the body. Two main consequences are Candida overgrowth and resilient strains of microbes.

The second consequence is not within the scope of this book. However, Candida overgrowth is a main cause of gastro-intestinal, vaginal, and systemic inflammation. I am not trying to say that there is not a proper use for antibiotics. It saved my life on two occasions and the life of one of my sons. What I am saying is that it is irresponsible to prescribe antibiotics and not prescribe a probiotic (for example: acidophilus, bifidus) afterwards to restore the ecology of the large intestine. Because of the common prescription and over-prescription of antibiotics we have included in the Basic Formula acidophilus and Bifidus two major lactobacillus and a South American herb Pau D'Arco to counteract the negative effect of antibiotic use past or present.

### WHAT IS CANDIDA?

Candida is a spore that grows in the mouth, large intestine and vagina.

Candida is a spore, a microscopic fungus that grows naturally in three areas of the body: the mouth, the large intestine and the vagina. In a normal state these fungus stay small and in controlled amounts just enough to feed a population of friendly bacteria that are part of the ecological balance of the body.



## THE FOUR PILLARS OF HEALTH

### THE COWS IN THE MEADOW



You might wonder what cows have to do with a physical disequilibrium. It is a little analogy that I use with my clients to explain what happens to Candida as a result of antibiotics.

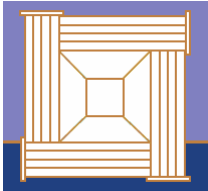
Imagine a meadow which is being grazed by a herd of cows. The grass is well cropped and contained within the meadow. If for any reason you eliminate the cows, automatically the grass will start growing wild and progressively invade areas beyond the original meadow such as adjacent country lanes.

The same happens with Candida. When the friendly bacteria are killed with the unfriendly bacteria by the action of the antibiotics, there is nothing controlling the growth of the Candida. From friendly spores feeding friendly hosts, it becomes an invading fungus that attaches to the walls of the large intestine and progressively invades the small intestine where it produces porosity of the small intestine wall. This is called Leaky Gut Syndrome and it leads to a host of inflammatory conditions within the body.

### WHAT ARE THE EFFECTS OF CANDIDA OVERGROWTH AND/OR LEAKY GUT SYNDROME?

Candida overgrowth and Leaky Gut Syndrome have been linked to a great deal of physical problems small and big.

- Chronic digestive disorders
- Chronic gas and bloating



## THE FOUR PILLARS OF HEALTH

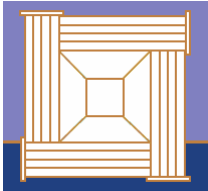
Candida and Leaky Gut Syndrome causes many physical problems

- Chronic body pain
- Chronic fatigue due to adrenal exhaustion
- Chronic diarrhea
- Mental fogginess
- Mood swings
- Depression
- Constant, uncontrollable sugar craving, leading to sugar metabolic disorder
- MS like symptoms
- Attention deficit disorder
- Hyper kineticity ( particularly in children)
- Autism like symptoms
- Depression
- Obesity

There are no counter indications to trying a Candida eradication treatment. There is nothing toxic about the process.

### **IF I HAVE MANY OF THESE SYMPTOMS, DOES IT MEAN THAT I HAVE CANDIDA OVERGROWTH OR LEAKY GUT SYNDROME?**

There are no counter-indications to trying a Candida eradication treatment since there is nothing toxic about the process. However, there are a couple of tests that you can do that can confirm whether this is the source of the physical discomfort you are experiencing and how extensive your problem is.



## THE FOUR PILLARS OF HEALTH

One of them is a question and answer test developed by an organization called The Yeast Connection. You can check them on the net at [www.yeastconnection.com](http://www.yeastconnection.com)

### **The Stool Sample Test**

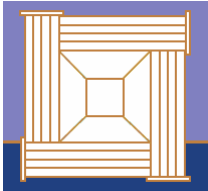
This stool analysis test is performed by Diagnos-Tech for \$36.00, payable directly to the Lab. We will charge you \$20.00 to process your request and send you the results. It will tell you whether there is an excess of yeast in the stool, what type, and how serious is the problem. To order this test, please contact us at our clinic at 303-823 8760.

### **Treating Candida on Your Own**

The Basic Formula with its dual action on candida in the digestive tract through the probiotics and in the rest of the body through Pau D'Arco has shown remarkable results on its own to eradicate candida overgrowth. It has the advantage of addressing possible candida overgrowth and all its possible consequences on an on going basis.

### **Possible Side Effects**

Anti-fungal treatment can have strong die-off reactions for the first week after you start taking the product. If the reaction is too strong you can stop for a few days and start again on a longer dosage and build up progressively until you can tolerate the full dose. This may also happen occasionally with the Basic Formula as it addresses the excess fungal growth and increases detoxification



## THE FOUR PILLARS OF HEALTH

The Candida diet is not very effective because Candida is dependent on glucose for its survival. It tends to take control of the consciousness and controls behavior to get carbohydrates, such as starch, sugar, fruit, alcohol, and fermented products.

Parasites are a common cause of inflammation of the gut

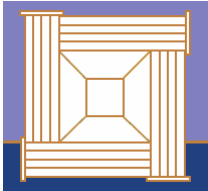
A die-off reaction is the effect that the decomposition of the fungus can have on the body as the fungus is being destroyed by the anti-fungal. Typical effects are headaches, diarrhea, bloating, gas, aches and pain. After the first week the symptoms usually disappear and the treatment is well tolerated. Obviously an allergic reaction is always a possibility and if the symptoms are not disappearing quickly, stop the treatment at once and consult your Natural Health Practitioner or consult our clinic

### **I Have Heard of the Candida Diet - Should I be On It?**

Because candida is very dependent on sugar and starch for its survival and growth, eliminating sugar, fructose, corn syrup, white flour, fruit juice, alcohol, potatoes and white rice will help dramatically in the prompt elimination of the excess candida. If you have a sweet tooth and you want to substitute the sugar do not use artificial sweeteners because they are highly toxic use instead Stevia and Agave Nectar which can easily be obtained at your local health food store. Whatever your success at following this diet the continuous usage of the Basic Formula usually is enough to handle the problem. If you are still symptomatic after a couple of months I would definitely call our clinic for an appointment at 303- 823 8760 or consult your own Natural Health Care provider.

### **PARASITES**

One of the common causes of inflammation in the gut is the presence of parasites. They are usually secondary to chronic intestinal imbalance, the impact of mineral deficiencies and leaky gut syndrome. They are commonly absorbed through what we eat and drink, although



## THE FOUR PILLARS OF HEALTH

their can be other forms of contamination. Not all parasites are in the digestive tract but many start their journey inside the body through our digestive system.

There are three main groups of parasites: Round worms, Flat worms and single celled parasites.

### **How to be Tested for Parasites**

Many of the parasites can be tested through the stool or through a saliva sample.

The comprehensive GI Panel from Diagnos-Tech tests for many of these parasites and is a good step to identify possible parasite infections. To order this panel, contact us at our Clinic 303-823 8760 or ask your Natural Health Care Practitioner to order it for you. You can also be tested through bio-resonance testing. It is a good first step to determine if other tests might be required. This can be done intuitively by Dr. Babinet over the phone or in person in our office. The Basic Formula is more specifically designed to prevent parasite infections rather than treat them. However it incorporates Pau D'arco and this product is effective with some types of parasites.

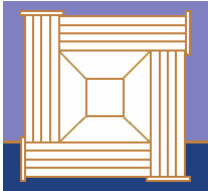
### **The Treatments for Parasites**

There are many herbal treatments for parasites which work with varying degree of effectiveness. Enzymes are often very effective on Giardia. For this purpose I use a product from Standard Process called Zymex II.

Dr. Babinet can intuitively determine the tests you might require over the telephone

#### **Recommended Products for Parasites**

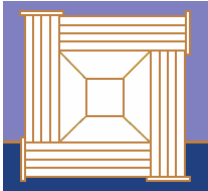
- Zymex II
- Walnut Extract
- Wormwood
- Garlic
- Paraclear



## THE FOUR PILLARS OF HEALTH

Flukes and many other types of parasites often respond very effectively to Walnut Extract, Wormwood, Garlic and Clove and Grape Fruit seed extract. For this purpose I use a Pure Encapsulation product called Micro Defense which incorporates all these herbal remedies. It is available through MHP at 800-647 0074

That being said, many parasites do not respond well to herbal remedies and need to be addressed with antibiotics under medical supervision. The MD's or DO's you consult may have their own testing procedures and insist on their own lab work.



# THE FOUR PILLARS OF HEALTH

The U.S. government seems convinced we are not getting enough lethal metals!

## CHAPTER 5: HEAVY METALS AND CHEMICAL TOXICITY

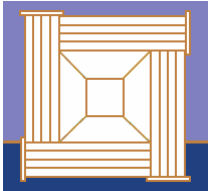
In this chapter we will examine the five major heavy metal toxicities, what they are doing to us individually and collectively, and what we can do about it. Not only are heavy metals lethal but our government seems convinced that we are not getting enough. First the EPA increased the tolerable level of arsenic in our water. Now there is an attempt to declassify environmental mercury as a health hazard and loosen industrial emission standards installed by the Clinton Administration. It is hard to imagine what will come next.

When we look at the potential damage to our health from these two heavy metals alone we wonder who the government is really serving: the people of this country or special interest groups that act in total disregard for the health of the population of the globe. We will also look at chemical toxicity and how thousands of chemicals are released in the environment yearly without the slightest impact study on our health or on our environment. No wonder the war on cancer is being lost.

### THE DEVASTATING EFFECT OF HEAVY METAL TOXICITY

The following symptoms and conditions have been linked to heavy metal toxicity. The presence of these symptoms could be caused by heavy metal toxicity. However it is important to note that other factors could produce similar effects or that more than one factor could be involved in the production of these disorders:

- Memory loss
- Increased allergic reactions



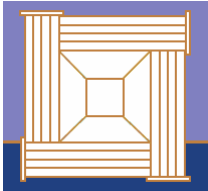
## THE FOUR PILLARS OF HEALTH

Effects of Heavy  
Metal Toxicity →

- High blood pressure
- Depression
- Mood swings
- Irritability
- Poor concentration
- Poor impulse control
- Sleep disorders
- Fatigue
- Speech disorders
- High cholesterol
- High triglycerides
- Vascular occlusion
- Neuropathy
- Autoimmune diseases
- Chronic pain
- Chronic fatigue

Heavy metal toxicity symptoms can be identical to other sources of inflammation, making it difficult to specifically pinpoint the problem

You may recognize many of these symptoms and conditions as being identical to all the other sources of inflammation. Indeed it is so, and poses a problem for the practitioner to pin point specifically what is going on and how to best approach it. This is certainly a very good case for testing to help us identify specifically what we are dealing with.



## THE FOUR PILLARS OF HEALTH

How do we get heavy metals in our bodies?

- Manufacturing
- Farming
- Household products
- Health care products
- Dental fillings
- Vaccines

With heavy metal toxicity there is a corresponding level of mal-absorption of magnesium, zinc, calcium, & essential fatty acids

Testing for heavy metal can be done through Hair Analysis, blood analysis and with a Push and stool and Urine sample and through Bioresonance Testing. These test should be prescribed or administered by a practitioner.

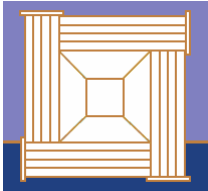
### **WHERE ARE HEAVY METALS COMING FROM AND HOW DO THEY GET IN OUR BODIES?**

Originally these metals, as well as any other metals, were buried in the earth. However, their use in manufacturing, farming, household products, and health care products has disseminated these products throughout the environment. As levels increase in our air, water and ground, they progressively enter into the food chain and penetrate our bodies through our skin, mouth and lungs.

In addition, the mercury in dental fillings and in vaccines adds seriously to the load. Many of these metals are transmitted to the fetus through the mother and are found in high concentration in children with autism and other character disorders. The increase of these problems in childhood seems to correlate directly with the increase of heavy metals loose in our environment.

### **WHAT DO HEAVY METALS DO IN OUR BODIES?**

A phenomenon I noticed early in my nutritional practice is that whenever there was heavy metal toxicity there were a corresponding level of malabsorption, particularly magnesium, zinc, calcium and essential fatty acids. What happens in the body is that the heavy metals compete and displace essential minerals such as zinc, copper,



## THE FOUR PILLARS OF HEALTH

magnesium and calcium and disrupt the body function. They interfere greatly with the liver, the main organ of detoxification. They disrupt our cellular enzymes, causing cellular rigidity and possibly leading to cellular abnormality. When heavy metals penetrate the brain they are highly neurotoxic and can cause major psychological disorders.

Heavy metals have a strong inflammatory effect on the adrenal glands and impairs liver detoxification

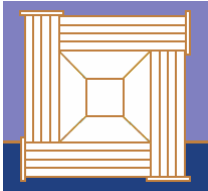
Another aspect of heavy metal toxicity is that it often causes damage to the intestinal mucosa creating Leaky Gut Syndrome with its increase in toxic absorption and opportunistic infections. Heavy metals have also been shown to have a profound negative effect on the hormonal function and on digestion. They also promote chronic adrenal stress.

Based on all the symptomatology, it is clear that heavy metals have a very strong inflammatory effect on the body which directly affects the adrenals. . What is unique to heavy metals is the dramatic effect they have on absorption which impairs liver detoxification function and as a result, creates a vicious cycle. This cycle leads to an ever increasing level of toxicity.

### The 5 Most Toxic Heavy Metals

- Mercury
- Lead
- Aluminum
- Arsenic
- Cadmium

Another point worth noticing is that contrary to medical beliefs and the supposed tolerable levels set and upset by the Environmental Protection Agency, the reaction to these toxins as well as all toxins is completely individual. Some individual have very violent reactions to very small amounts while others seem to tolerate large amounts with no apparent discomfort which we cannot equate with no consequences.



## THE FOUR PILLARS OF HEALTH

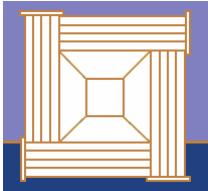
### **HOW DOES THE BASIC FORMULA ADDRESS HEAVY METALS AND WHAT ELSE CAN WE DO ABOUT IT?**

The basic formula restores the nutrients that are displaced by the heavy metal by the ongoing absorption of minerals, vitamins and essential fatty acids. It also incorporated herbal remedies to restore proper liver function, strengthen the adrenals and balance the neurological system. This in itself will provide protection for the heavy metal that we are constantly exposed to in our daily life. However it may not handle heavy loads of accumulated toxins spread throughout our body. The best way to address this toxic load is Chelation. A process whereby the toxins attach to certain substances that carry them out of the body.

### **CHELATION**

Chelation uses substances that chemically bond with metals, mineral and chemical toxins and carries them from the body through urine and feces

Chelation is a process of detoxification for heavy metals, unwanted chemicals and excess minerals. The chelation agents are substances that chemically bond with metals, mineral and chemical toxins in the body. The chelation agent encircles the mineral, metal or chemical ions and carries them from the body through the urine and the feces. Chelation was traditionally done intravenously and required an extensive series of treatment, and while very effective, it was also very costly. The original ingredient was EDTA to which was later added DMSA and DMPS. There were also serious considerations as to whether it was prudent to chelate individuals who still had metal fillings in their mouth. Nowadays EDTA also exists in oral form and suppositories. In addition, new plant based chelation has been found which is quite effective.



# THE FOUR PILLARS OF HEALTH

NDF is totally safe unless you are allergic to chlorella or cilantro, and even then you may have no adverse reaction

Since exposure to heavy metals is inevitable, the best line of defense is to have a perfect defense system:

- Well functioning liver
- Healthy kidneys
- Effective colon
- Well functioning lymph system

## RECOMMENDED TREATMENT

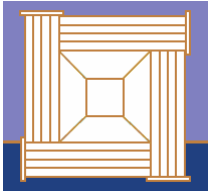
The product that I prefer and that I recommend to my clients are NDF and NDF plus. They are produced by BioRay, Inc. 888- 635 9582 The product has to be ordered by a practitioner and should be taken under supervision

NDF Plus is recommended for people who have low energy and are debilitated. Either type of NDF comes in a liquid form. I would recommend a dosage of 3 to 6 drops of the product in 8 to 10 oz. of distilled water, two times daily, at least 2 hours away from eating food. If you still have metal fillings you should use the first two mouthfuls to thoroughly rinse your mouth and spit. Then drink the rest.

NDF is totally safe unless you are allergic to chlorella or cilantro, and even then due to the manufacturing process you may still have no adverse reaction. The toxicity captured by each dose of the product is eliminated in the first two urines after taking the product. For that reason, it is advised not to take the product before going to sleep.

## PREVENTION AND MAINTENANCE

As we have mentioned all along the last section, the best way to prevent your body from being contaminated by heavy metals or chemicals is to avoid exposure. However, since these contaminants are all over our environment, in the soil of our garden, the street we walk in, the houses we live in, the buildings we work in, in the food we eat, the water we drink, the air we breathe and even in the supplements we take, there is no way to avoid them.



## THE FOUR PILLARS OF HEALTH

A recent study conducted in homes showed that, on average, over one hundred contaminants were found in homes, on their carpets and floors. They were all brought into the house on shoes and the paws of pets. So, let's face it, even if we are extra careful we cannot avoid contaminants. As a result the best level of defense is to have a perfect defense system. This includes a healthy well functioning liver, healthy kidneys, an effective colon and a well functioning lymphatic system. I would add to this a strong energy system with a powerful life force. The Basic formula has been specifically designed to support the body in all these areas.

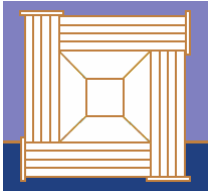
### **ALLERGIES AND PHYSICAL REACTIVITY - WHEN THE BODY GETS UPSET AT NOTHING**

#### **What are Allergies and Physical Reactivity?**

Have you noticed that sometimes we get upset at very little things? Events that might look trivial to one person could produce very strong upset in another. I remember a situation where somebody got very upset with me because I referred to her father as her dad and not her daddy. To me these two words were synonymous, but not to her. For her the word dad violated the intimate relationship that she had with her father. As a result, my reference to her father as dad was a violation of that relationship, an act of aggression against which she needed to defend herself.

Allergies and physical reactivity are very similar. The body is responding to a substance as if it was attacked, even though that same substance would not create any degree of physical upset in another. In

Allergies are when the body responds to a substance as if it was attacked



## THE FOUR PILLARS OF HEALTH

one of our first chapters, we talked specifically about the four most common food reactions. It is obvious that for some, these foods produce no problems at all. They may even be a very valuable part of their nutrition, while for others they may cause major difficulties.

Traditionally, the word “allergies” is reserved for substances that produce a release of histamine in the body. What we have found is that the body could also react in other inappropriate manners in the same way that you may react to a situation with anger and to another with fear or depression. These responses could be very appropriate in one context and totally ineffective in another. Similarly, the body has responses that can be totally appropriate in one context and dysfunctional in another. In other words, allergies and physical reactivity are like emotional upsets; they are ineffective patterns of response.

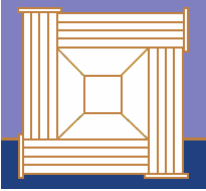
Allergies can be associated with:

- Environment
- Climate
- Stress
- Fatigue
- Menstrual cycle
- Any number of substances

It is also important to know that allergies can be contextual: associated with environment, climate, levels of stress or fatigue, menstrual cycle or associated with more than one substance.

For example, a friend of mine can drink wine or eat shellfish; however, combining both can send him into anaphylactic shock. Anaphylactic shock is the most acute form of allergic reaction. It entails serious swelling of the mucus membranes of the throat that can result in asphyxiation and possibly death if rapid medical intervention is not available.

### **Causes of Allergies and Physical Reactivity**

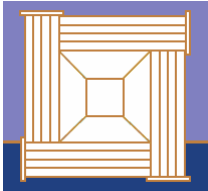


## THE FOUR PILLARS OF HEALTH

There can be many different causes to allergies and reactivity:

The causes of allergies can be varied and numerous →

- Genetic: often the tendency towards allergies or specific allergies seems to dominate in one family.
- Early childhood context, especially in the first year of life when the child is starting her individuation process. If the mother is aloof, controlling, overprotective or mechanical, the child cannot feel secure and create her autonomy. It interferes with what in Chinese Medicine we call the protective energy or Wei Qi. That lack of boundary tends to promote hypersensitivity that affects both the physiology and the psychology.
- Introduction to substances or situations before the body is capable of producing the appropriate response - for example, introducing certain foods prematurely in the diet of a baby.
- Traumatic events: some traumatic events can put individuals in a survival state and increase their level of sensitivity.
- Toxic overload: when the liver cannot cope with the level of toxicity it often generates a state of over reactivity and hypersensitivity to many substances.
- Candida overgrowth and Leaky Gut Syndrome. The mechanism is the same as above the abnormal body overload with toxic substances create a chronic state of inflammation and the body becomes reactive to many things that are usually handled easily.



## THE FOUR PILLARS OF HEALTH

- Adrenal dysfunctions: all of which interfere with general functioning and can lead to hyper-reactivity.
- Exposure to contaminated foods often creates a strong reaction which becomes associated with the specific food and that can turn into an allergic reaction.
- Intestinal Dysbiosis: when there is a chronic state of inflammation in the body, it tends to over-stress the body and the body becomes abnormally reactive to many substances.
- Leaky Gut Syndrome: whatever the cause of abnormal intestinal porousness, it always increases allergic sensitivities.

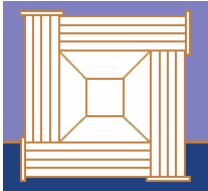
### **How to Deal with Allergies and Physical Reactivity**

Because of the great variety of reactions, it is hard to generalize. We will leave anaphylactic reaction in the hands of the medical profession and talk about the other techniques of allergy and reactivity clearing.

There are always two parts to clearing patterns of reactivity: identification and reprogramming.

#### **Identification**

- Identify the trigger substance
- Identify the ineffective reaction patterns
- Identify the psycho/spiritual context
- Identify the genetic influence.



# THE FOUR PILLARS OF HEALTH

We are usually reactive to things we touch, eat or breathe, but it can be much more complex than this

## **Substances**

There are an infinite number of substances, environments, people and situations that can trigger an ineffective reactive mechanism inside our body. However, allergies are often classified into three groups: food, respiratory and contact. In other words, we are usually reactive to things we touch, eat or breathe. Just remember that it is not always the case and that reactivity can be much more complex than this.

## **Reactive Patterns**

In our approach, we are less concerned with the bio/chemical reactions associated with allergies and more with the impact on the energetic system. We find that every allergic reaction is affecting the Chinese element system, the organs and the meridians creating disturbances both in the Yin and the Yang.

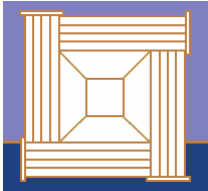
Often there are triggering events or patterns from our childhood associated with allergies

## **Psycho/Spiritual Context**

We have found that often there are triggering events or certain psychological patterns associated with the allergies or hyper sensitivity and that by identifying these, we often obtained deeper more lasting results. In these cases we pay particular attention to what happened in early childhood.

## **Genetic Influences**

We look at genetics, not as a determining factor, but more as a component of cultural response: passivity, aggressiveness, defensiveness, aloofness, self denial, and etcetera.



# THE FOUR PILLARS OF HEALTH

## Reprogramming

Dr. Nanbudripad corrected reactive patterns by identifying the trigger substance and tapping along the spine

### Nanbudripad Allergy Elimination Technique

Dr. Nanbudripad, who created the Nanbudripad Allergy Elimination Technique (NAET), identified that patterns of reactivity always trigger certain imbalances in the energetic system of the body, particularly along two energetic channels on the back of the body:

- one that followed the spine, and
- the other that runs 1 ½ inch on each side of the spine from the shoulder to the pelvis.

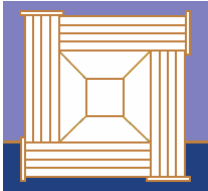
By identifying the trigger substance and tapping along the spine she was able to correct many reactive mechanisms. She established that allergies were referenced on a time continuum of 24 hours. She identified that behind any allergy there is a pattern of reactivity to some basic nutrients of the body. For more information about NAET, check [www.savypatient.com](http://www.savypatient.com)

Dr. Babinet's method of clearing allergies uses inner peace and breathing to cancel internal conflicts and restore a more appropriate pattern of response. Please contact Dr. Babinet on our website at [www.accessnaturalhealth.com](http://www.accessnaturalhealth.com)

### Bio-Functional Allergy Clearing

In our work, we expanded on Dr. Nanbudripad's approach. We have found a way of identifying the psycho/spiritual foundation of allergies and the genetic components, when appropriate. We also examine other circadian cycles such as the seasons and the lunar cycle for women.

Our method of clearing is based on a psycho/spiritual approach of identifying our inner source and using inner peace and breathing as a



## THE FOUR PILLARS OF HEALTH

technique to cancel internal conflicts and restore a more appropriate pattern of response. Our pattern of identification is more comprehensive and our method of clearing engages all your natural inner resources. We have also identified that to try to treat allergies before treating other cause of inflammation and adrenal and neurological dysfunction is often futile because the source of over-reactivity is the strain that already exist within the terrain. For this reason I usually treat the terrain first with the Basic Formula or stronger approaches before attempting to clear allergies. Most of the time after the other causes of inflammation have been addressed. Often time this is enough to cause the disappearance of chronic allergies.

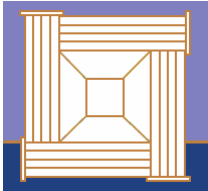
### **Homeopathy**

- Contact us on our website to get information on and to order allergy

There are many homeopathic products that desensitize to specific allergiens.

Apex Energetics has specific products for specific allergies such as grains, dairy and eggs, etcetera. Products for non specific allergies include Allerdrain and Allertotal.

Along the same line, Deseret Biologicals has several comprehensive homeopathics for environmental reactivity: one for chemicals, one for herbs, pollen, dust and mold, and the one for trees. Deseret also has a line of pheonolics homeopathic remedies. Phenolics are certain substances associated with smells that are contained in plants and other organic materials and that have been shown to be a dominant source of problems for people with multiple sensitivities. For more information about these companies and their products check our



## THE FOUR PILLARS OF HEALTH

website at [www.accessnaturalhealth.com](http://www.accessnaturalhealth.com). These are professional lines and need to be ordered through our clinic at 303-823 8760

Another company, Dolisos, has certain environmental homeopathics by regions of the U.S. For more information check [www.dolisos.com](http://www.dolisos.com).

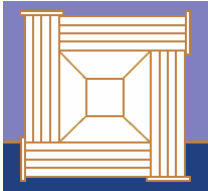
Perkl-Light has been used very successfully to alleviate or eliminate reactive sensitivities. Dr. Babinet can work with you and the Perkl-Light. For more information on this product, go to [www.perkl-light.com](http://www.perkl-light.com)

I use some of these homeopathic approaches as a complement to the Bio-Functional Energetic Clearing or when I am treating people at a distance, since doing my habitual clearing protocol is not convenient.

**Perkl-Light:** The use of this color energy disseminating instrument can also be effective in clearing patterns of reactivity. By using the pre-programmed frequencies to balance the energy system of the body, some of our clients have had excellent results alleviating or eliminating their reactive sensitivities. I can also assist them in finding specific frequencies to deal with specific issues at a distance, both physical and psychological. This is not a panacea. However, it is a very valuable adjunct strategy to many protocols. For more information about this instrument, go to [www.perkl-light.com](http://www.perkl-light.com).

### **THE ADRENALS ARE THE CORNERSTONE OF YOUR HEALTH**

Unfortunately, any chronic inflammation in the body produces a host of other physical issues potentially affecting every body system. When the body has chronic inflammation elevated levels of cortisol, a natural anti-inflammatory hormone, is produced by a very important endocrine gland called the adrenals. This excessive production of cortisol is very important to combat the inflammation, but unfortunately it has many other consequences that can be highly detrimental to your health and



## THE FOUR PILLARS OF HEALTH

When the body has chronic inflammation, the adrenal glands produce cortisol, a natural anti-inflammatory hormone. Excessive production of cortisol has many consequences that can be detrimental to your health and well-being.

well-being. If the inflammation is of short duration the effect is negligible. However, if the inflammation is chronic, lasting for months or years, the consequence can be devastating. Let's examine here what these consequences can be and how they can be detected.

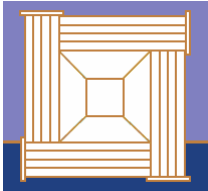
### **How Does Cortisol Affect Other Hormones?**

All the sex hormones and stress hormones produced by the adrenals have the same precursor, pregnenolone, which is derived from essential fatty acids, known as omega 3 and omega 6. The main precursor to sex hormone in the adrenals is DHEA, sometimes called the youth hormone. One of the big problems with chronic inflammation is that when cortisol is over produced it steals from DHEA, which becomes under produced. This can affect reproductive cycles in both males and females of any age and can become a major source of health problems in people above fifty.

In men it can create andropose - a lowering of their male function and in women it can create a host of problems before, during and after menopause. Elevated cortisol, if maintained for an extensive period of time, will lead to adrenal exhaustion. Whether the cortisol is high or low, it is a sign of adrenal dysfunction

### **What Are the Other Consequences to Adrenal Dysfunction?**

Unfortunately there are a host of possible serious consequences associated with adrenal dysfunction, all with their specific symptoms and naturopathic treatment strategies. Responsible treatment should always start with checking for food reactivity or other sources of chronic



## THE FOUR PILLARS OF HEALTH

inflammation. It does not mean that treating the food sensitivity, candida, parasites and other allergies will treat all your health issues but it would be a very smart first step. As we have seen before the Basic Formula has been specifically designed to deal with all these basic issues and to restore balance in the Four pillars of Health: absorption, processing, elimination/ detoxification and protection/ immunity. In addition the Basic Formula contained several herbs to strengthen and harmonize the adrenals and the immune system. These herbs are considered adaptogenic and will be effective whether these functions need to be strengthened or on the contrary sedated.

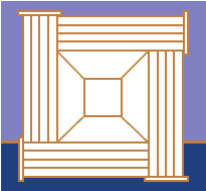
Symptoms of  
adrenal fatigue or  
collapse →

### **How Can I Know If I Am Suffering from Adrenal Fatigue or Adrenal Collapse?**

On a symptomatic level low adrenal function is associated with:

- Difficulty staying asleep
- Craving salt
- Slow starter in the morning
- Afternoon fatigue
- Dizziness when standing up quickly
- Afternoon head aches
- Headaches with exertion or stress
- Weak nails.

Hyper adrenal function is associated with:



## THE FOUR PILLARS OF HEALTH

- Cannot fall asleep
- Perspire easily
- Under high amount of stress
- Weight gain when under stress
- Wake up tired after a normal night sleep.

We can order ASI, a salivary test for you from Diagnos-Tech Lab that measures:

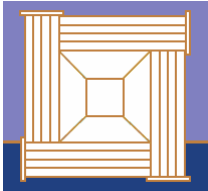
- Cortisol
- DHEA
- Insulin
- Progesterone
- Sig A
- Giadin

None of these symptoms are by themselves an indication of adrenal dysfunction. A combination of these symptoms would indicate the need to test further to determine whether you are at risk of serious health problems. It is important to note that because cortisol levels fluctuate throughout the day, hyper and hypo function can be present simultaneously. The other important fact is that adrenal dysfunction is the result of long term stress and requires immediate attention.

### **Is There A Definitive Test That I Can Take?**

There is a simple salivary test that we can order for you in our clinic or through your own Natural Health Care practitioner. It is done by Diagnos-Tech and it is called ASI. It measures Cortisol throughout the day; DHEA; insulin on an empty stomach and after lunch; Progesterone; Sig A, an index of salivary immune protection; and Giadin, an index of food reactivity to grain.

Other salivary tests are available to check the reproductive functions for males or females. For more information about these tests contact us at [www.acesnaturalhealth.com](http://www.acesnaturalhealth.com) and click on clinic, or [click this link](#) to go directly there.



## THE FOUR PILLARS OF HEALTH

It is good to remember that adrenal dysfunction is always secondary to something and the main sources of dysfunction are: inflammation from all the causes we have examined previously. Other major causes of adrenal dysfunctions are traumas or chronic psychological stress. We cover this in much greater detail in our E-book “Secrets to a long Healthy Life” available on our Clinic website [www.accessnaturalhealth.com](http://www.accessnaturalhealth.com)

If you suffer from adrenal dysfunction, STOP CAFFEINE!

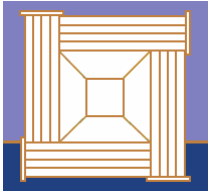
Sugar, refined flour, and other carbohydrates increase insulin, which is inflammatory and contributes to adrenal stress.

### HOW TO TREAT THE ADRENALS

#### What to Avoid

There are many nutrients that are beneficial to the adrenals, but before we talk about them let's talk a little bit about what makes things worse and what we need to avoid.

One of the substances that we often turn to when our energy is low and we want a boost is caffeine. Let me tell you a little story that happened to me. I was taking a workshop given by the BIO-Terrain Institute on a series of tests that can easily be performed in the doctor's office. I registered at the last minute and did not receive preparatory instructions telling us that we were going to be tested and to stop caffeine for at least 3 days before the test. When my test came back it showed high oxidative stress and depressed adrenals. Out of curiosity I did the test 4 days later after stopping coffee. I was amazed. My adrenals were back to the normal range and my oxidative stress had decreased by 2/3. So, if you suffer from any adrenal dysfunction, before you add any supplement to your health regimen, do me a favor and stop caffeinated drinks.



## THE FOUR PILLARS OF HEALTH

The other foods that many people tend to abuse when their energy is low are sugar, refined flour, and other carbohydrates. These automatically increase insulin in the body. First, they lead to obesity. Second, insulin is inflammatory and is contributes to adrenal stress.

Caffeine and sugar or starches are the worst enemies of your adrenal glands. If you have to have coffee, limit it to one cup in the morning and drink several glass of clear water at the same time. As for sugar and refined flour, I would limit it to special occasions.

### Recommended Adrenal Products

- The Basic Formula!
- B Complex
- Vitamin C
- Adrenal Liquid

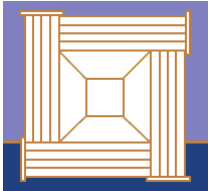
### What to Add

There are supplements that I do not recommend unless I have specific test results, and if you have your adrenals tested through us, I'll be glad to suggest these to you. Short of having specific data I will suggest several products that will be effective whether your adrenals are in hyper or hypo function.

On the top of the list is the Basic Formula, designed to address the more basic inflammatory causes and to strengthen and balance the adrenals. To order, contact our clinic at 303-823 8760.

Additional support for the adrenals can be provided by:

- a good B complex, 2 or 3 tablets daily, but not at night
- Vitamin C 2000 mg make sure that it includes a substantial amount of bioflavanoids
- General remedies to maintain the physiological terrain and the four pillars in optimal condition

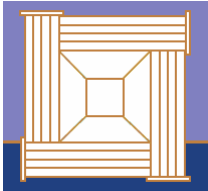


## THE FOUR PILLARS OF HEALTH

Use the Basic Formula to:

Overview of  
Remedies for a  
Long Healthy Life

- Candida eradication
  - Remove metal fillings
  - Reduce exposure to heavy metals, chemical and pharmaceutical products
  - Liver detox
  - Eliminate smoking
  - Proper nutrition
  - Regular exercise
  - Multi-mineral and multi-vitamin supplement
- Regulate intestinal function and eradicate candida and bacterial overgrowth and eliminate chronic intestinal inflammation
  - Restore liver processing and detoxification functions
  - Correct nutritional deficiencies
  - Restore adrenal balance, strengthen the immune system and promote healing.
  - Regulate the autonomic neurological system
  - Have the metal fillings from the mouth removed by a biological dentist.
  - Decrease exposure to other source of contaminants, including heavy metals, chemicals and overuse of over the counter pharmaceuticals
  - Eliminate exposure to smoking, first or second hand and frequent or excessive use of alcohol or other recreational drugs.
  - Proper nutrition - Decrease fat intake and eliminate homogenized fat from you diet. Use olive oil or butter for cooking. Eliminate refined sugar and refined flour from you regular diet. Limit the consumption of carbohydrates, grains, starch and fruits and eat an abundance of vegetables, raw and cooked. Start your day with proteins. Make sure that you



## THE FOUR PILLARS OF HEALTH

eliminate all junk food and sodas from your regular diet and that the food you eat is high in minerals and vitamins.

- Regular exercise, including stretching, toning and aerobics, at least 20 to 40 minutes, 5 times weekly.

For more information on how to live a long healthy life click here to preview and order *Secrets to a long health life* it will provide you with a wealth of information about health, aging and how to maintain optimal health.

### CONCLUSION

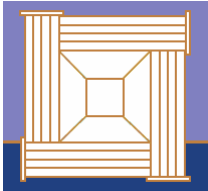
I have designed this book as a source of information about health, the body and natural strategies to health and well being. I am well aware that there is much valuable information out there that I have not covered, and in fact probably do not even know about. I have shared the present state of my knowledge honestly and in a language that I deliberately made accessible to all.

It is my wish that this book will empower you in taking greater responsibility for your health. Particularly I would like you to entertain the notion that taking care of yourself is an on going process that belongs in your hands. You may elicit much support from the medical profession and other health care practitioners. However, remember that in the final analysis your body and your well being is your ultimate responsibility.

You have to live with yourself every day, your practitioners do not. Make sure that what you use to make yourself feel better in the short

*"It is my wish  
that this book will  
empower you in  
taking greater  
responsibility for  
your health."*

Bertrand Babinet



## THE FOUR PILLARS OF HEALTH

Your body is a natural environment. It thrives on natural support.

run does not become the source of increasingly bigger problems later. Your body is a natural environment. It thrives on natural support, not on a lot of synthetic chemicals. This short book was abstracted from a more comprehensive e-book that covers in much grater details many of the topics that we covered here and many others. To preview this book or order it, go to our clinic website at [www.accessnaturalhealth.com](http://www.accessnaturalhealth.com)